

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Folate, total (µg) ; Iron, Fe (mg)

Food Groups: Legumes and Legume Products

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: Household

Report Run at: May 30, 2016 21:35 EDT

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1294	13.95
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	1272	21.27
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1225	9.81
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1178	9.75
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1114	8.62
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1099	14.38
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1067	16.62
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1057	13.81
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1013	9.79
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	972	14.22
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	935	10.72
16069	Lentils, raw	192.0	1.0 cup	920	12.50
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	882	10.01
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	861	9.74
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	830	16.62
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	817	16.01
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	808	12.50
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	784	21.09
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	762	13.74
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	757	11.42
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	734	6.26
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	725	17.20
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	725	15.09
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	725	12.31
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	723	16.01
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	703	13.37
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	698	29.20
16076	Lupins, mature seeds, raw	180.0	1.0 cup	639	7.85

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	634	10.05
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	540	9.50
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	447	15.67
16157	Chickpea flour (besan)	92.0	1.0 cup	402	4.47
16144	Lentils, pink or red, raw	192.0	1.0 cup	392	14.19
16119	Soy meal, defatted, raw	122.0	1.0 cup	370	16.71
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	366	3.70
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	366	3.70
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	363	6.71
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	363	6.71
16093	Peanuts, valencia, raw	146.0	1.0 cup	359	3.05
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	358	6.59
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	358	6.59
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	356	4.29
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	356	4.29
16091	Peanuts, spanish, raw	146.0	1.0 cup	350	5.71
16095	Peanuts, virginia, raw	146.0	1.0 cup	349	3.72
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	321	2.83
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	321	2.83
16117	Soy flour, defatted	105.0	1.0 cup	320	9.70
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	317	3.34
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	294	3.57
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	294	3.57
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	290	5.35
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	284	3.89
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	284	3.89
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	282	4.74
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	282	4.74
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	278	4.60
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	278	4.60
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	273	4.37
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	273	4.37
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	256	3.61
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	256	3.61
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	255	4.30
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	255	4.30

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	254	7.22
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	253	5.56
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	253	5.56
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	250	4.51
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	250	4.51
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	245	5.08
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	245	5.08
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	243	5.22
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	243	5.22
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	230	3.93
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	230	5.20
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	230	5.20
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	230	5.20
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	212	4.11
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	212	4.11
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	200	4.03
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	193	4.95
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	191	3.67
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	186	1.86
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	186	1.86
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	185	3.35
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	185	3.35
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	181	2.38
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	181	2.38
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	181	3.77
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	181	3.77
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	179	2.39
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	179	2.39
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	177	2.55
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	177	2.55
16106	Meat extender	88.0	1.0 cup	174	10.55
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	173	2.19
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	173	2.19
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	170	7.83
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	169	3.15
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	169	3.15

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	162	4.85
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	161	3.37
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	159	5.27
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	159	5.27
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	156	4.49
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	156	4.49
16099	Peanut flour, defatted	60.0	1.0 cup	149	1.26
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	146	4.56
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	146	4.56
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	145	6.62
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	145	6.62
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	143	4.39
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	143	4.39
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	142	2.31
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	133	1.91
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	133	1.91
16172	Refried beans, canned, fat-free	231.0	1.0 cup	132	3.74
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	131	4.90
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	131	5.27
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	131	5.27
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	131	4.90
43128	Chicken, meatless	168.0	1.0 cup	128	5.49
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	127	2.53
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	127	2.53
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	122	2.33
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	122	3.41
16005	Beans, baked, home prepared	253.0	1.0 cup	121	5.03
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	121	2.71
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	120	4.36
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	119	5.31
16007	Beans, baked, canned, with beef	266.0	1.0 cup	114	4.26
43132	Meatballs, meatless	144.0	1.0 cup	112	3.11
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	109	1.97
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	104	2.49
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	100	5.60
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	98	1.99

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	98	1.99
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	96	3.06
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	96	3.06
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	93	8.84
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	93	8.84
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	92	3.00
16009	Beans, baked, canned, with pork	253.0	1.0 cup	91	4.30
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	87	1.69
43134	Vegetarian fillets	85.0	1.0 fillet	87	1.70
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	84	2.56
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	82	24.46
16100	Peanut flour, low fat	60.0	1.0 cup	80	2.84
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	79	4.70
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	78	1.19
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	78	3.15
16008	Beans, baked, canned, with franks	259.0	1.0 cup	78	4.48
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	74	3.99
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	73	4.98
16087	Peanuts, all types, raw	28.35	1.0 oz	68	1.30
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	67	3.20
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	66	3.68
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	66	4.71
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	62	3.43
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	61	0.73
16104	Bacon, meatless	144.0	1.0 cup	60	3.47
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	60	2.95
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	60	2.95
16059	Chili with beans, canned	256.0	1.0 cup	59	8.78
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	59	3.20
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	58	3.53
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	58	3.53
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	53	1.33
16422	Soy protein isolate, potassium type	28.35	1.0 oz	50	4.11
16122	Soy protein isolate	28.35	1.0 oz	50	4.11
43299	Soybean, curd cheese	225.0	1.0 cup	50	12.60
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	48	10.71

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	47	0.64
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	45	0.88
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	44	1.56
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	44	0.97
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	44	1.18
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	41	1.07
16114	Tempeh	166.0	1.0 cup	40	4.48
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	38	2.80
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	37	7.97
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	37	3.35
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	36	2.37
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	35	2.15
16130	Okara	122.0	1.0 cup	32	1.59
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	30	3.02
16055	Carob flour	103.0	1.0 cup	30	3.03
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	29	0.61
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	29	0.61
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	28	0.56
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	28	0.56
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	27	0.45
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	27	2.69
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	27	3.36
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	27	1.17
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	27	1.17
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	26	3.43
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	25	1.34
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	24	1.07
16236	SILK Vanilla, soymilk	243.0	1.0 cup	24	1.07
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	24	1.07
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	24	1.43
16237	SILK Chocolate, soymilk	243.0	1.0 cup	24	1.43
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	24	0.73
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	24	1.07
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	24	1.07
16238	SILK Light Plain, soymilk	243.0	1.0 cup	24	1.07
16235	SILK Plain, soymilk	243.0	1.0 cup	24	1.07

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	24	1.07
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	24	1.07
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	24	2.03
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	22	1.70
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	22	1.04
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	22	1.02
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	22	1.43
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	22	0.68
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	20	3.49
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	19	1.14
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	19	6.65
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	17	7.45
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	17	7.45
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	17	0.85
16249	SILK Coffee, soymilk	243.0	1.0 cup	17	0.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	17	0.85
16247	SILK Chai, soymilk	243.0	1.0 cup	17	1.07
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	17	1.12
16248	SILK Mocha, soymilk	243.0	1.0 cup	17	1.07
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	16	0.58
43476	Tofu yogurt	262.0	1.0 cup	16	2.78
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	16	1.65
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	16	1.65
43135	Sandwich spread, meatless	15.0	1.0 tbsp	15	0.22
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	15	0.50
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	15	0.30
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	14	0.25
16113	Natto	175.0	1.0 cup	14	15.05
16158	Hummus, commercial	15.0	1.0 tbsp	12	0.37
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	12	4.54
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	11	1.41
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	11	0.69
43212	Bacon bits, meatless	7.0	1.0 tbsp	9	0.05
16137	Hummus, home prepared	15.0	1.0 tablespoon	9	0.23
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	9	1.52
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	9	0.99

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	9	1.78
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	8	2.30
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	8	1.86
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	8	0.85
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	8	8.89
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	8	8.89
16129	Tofu, fried	28.35	1.0 oz	8	1.38
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	7	1.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	7	1.14
16107	Sausage, meatless	25.0	1.0 link	6	0.93
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	6	0.19
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	6	3.69
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	5	1.34
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	4	1.60
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	4	1.76
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	4	0.63
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	3	1.34
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	3	1.34
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	3	0.43
16112	Miso	17.0	1.0 tbsp	3	0.42
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	3	1.09
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	3	0.22
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	3	0.22
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	--	2.84
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	3	3.04
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	2	1.76
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	2	0.06
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	2	5.59
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	2	0.23
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	2	0.72
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	2	0.72
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	2	1.56
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	1	1.44
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	1	0.16
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	1	0.48
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	1	0.06

NDB_No	Description	Weight(g)	Measure	Folate, total(µg) Per Measure	Iron, Fe(mg) Per Measure
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0	2.34
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0	2.72
16246	SILK Nog, soymilk	122.0	0.5 cup	0	0.37
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0	2.98
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0	1.92
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0	2.40
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0	2.78
43114	Vermicelli, made from soy	140.0	1.0 cup	0	2.53
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0	3.02